



Transforming University Campus Wellness

Universities face mounting pressure to support the mental health and well-being of faculty, staff, and students amid rising stress. The Bree Health Relaxation Pod offers an innovative, evidence-based solution to address these issues, combining advanced technology with a private on-site sanctuary. Designed for seamless integration into campus environments, the pod delivers measurable stress reduction, enhanced productivity, and improved retention for employees and students. This white paper explores how this cost effective tool can elevate university wellness programs, delivering significant return on investment (ROI) while fostering a healthier campus community.

The University Wellness Crisis

Challenges for Faculty and Staff

- **Chronic Stress:** Faculty and staff navigate intense workloads—teaching, research, and administrative tasks—with 60% reporting significant stress (Journal of Higher Education, 2022).
- **Retention Risks:** 38% of younger employees, common in administrative roles, are likely to leave due to insufficient well-being support (EY Work Reimagined Survey, 2023).
- **Inadequate Facilities:** Overcrowded or noisy campus lounges often fail to provide true relaxation, limiting stress relief options.
- **Budget Pressures:** Universities seek affordable wellness solutions that align with grant funding or insurance sponsorship to maximize impact.

60%

Faculty Stress

Percentage of faculty and staff reporting significant stress levels

41%

Student Anxiety

Students reporting moderate to severe anxiety

30%

Dropout Risk

Students considering dropping out due to various pressures

Challenges for Students

- **Mental Health Crisis:** 41% of students report moderate to severe anxiety, and 34% experience depression, impacting academic performance (American College Health Association, 2023).
- **Academic Overload:** Coursework, exams, and social pressures drive disengagement, with 30% of students considering dropping out (National Student Clearinghouse, 2022).
- **Resource Gaps:** Overstretched counseling services leave students underserved.

A Strategic Solution: The Bree Health Relaxation Pod

The Bree Health Relaxation Pod is a compact, technology-driven wellness station designed to address the unique needs of university campuses. By integrating AI-powered personalization, immersive relaxation tools, and a private environment, it offers faculty, staff, and students a 10-15 minute reset that reduces stress and enhances focus. Its seamless design fits into libraries, student unions, or faculty lounges, complementing existing wellness programs.



1

For Faculty and Staff

A private retreat with tailored mindfulness sessions and ergonomic relaxation reduces stress, enabling sharper focus and resilience during demanding workdays.

2

For Students

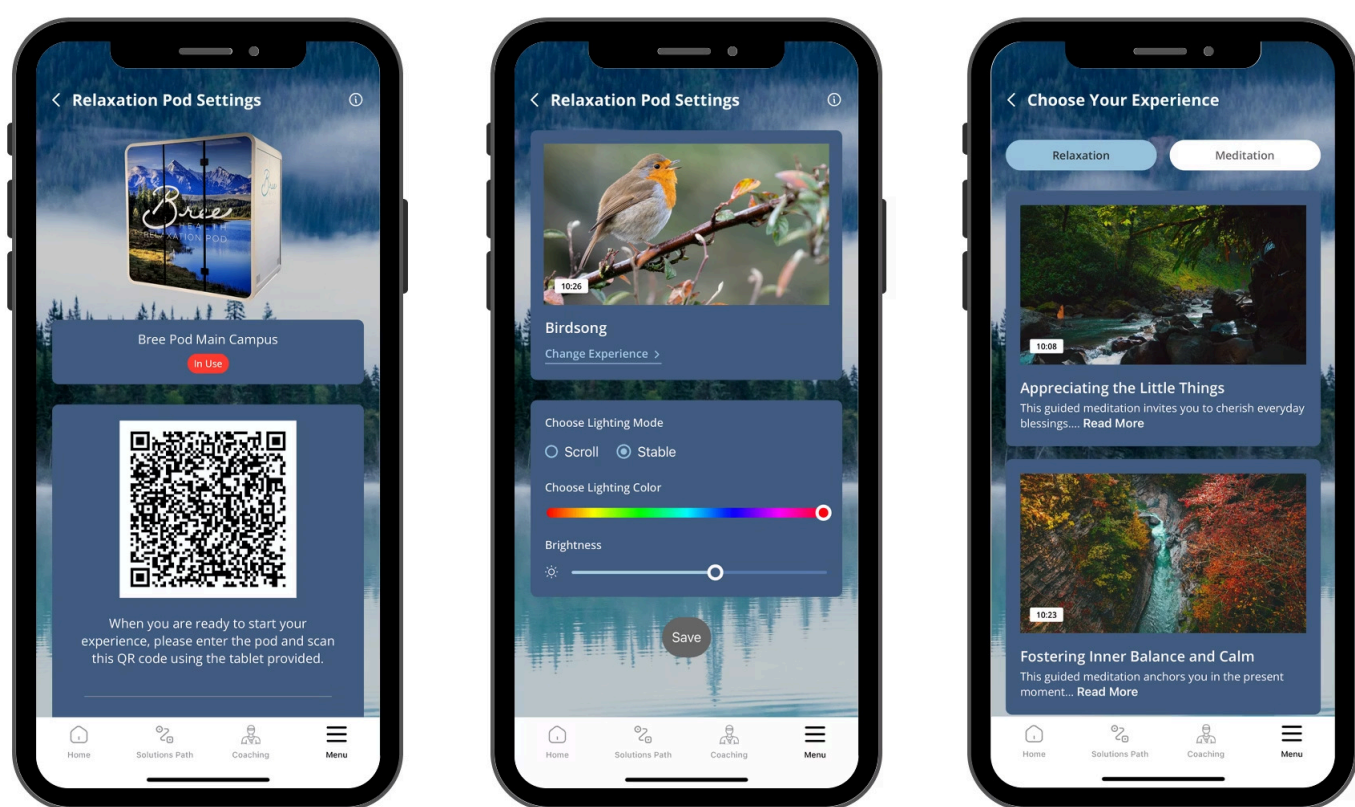
An accessible, tech-driven space offers customized meditations and calming visuals to manage academic stress, supporting retention and success.

3

For University Leadership

A budget-friendly solution enhances employee and student well-being, reduces staff replacement/absentee costs, and delivers strong ROI, potentially further offset by external funding.

Addressing Campus Challenges with Targeted Features



The pod's features directly tackle university pain points, supported by research and real-world evidence:



Stress Reduction Through Immersive Technology

Solution: Guided meditations and relaxing, isolated micro-breaks address noisy campus environments, reducing stress by up to 31% (Stress & Health, 2014).

Impact: Faculty, staff, and students return to tasks re-energized, with improved focus and mood (Journal of Cognitive Enhancement, 2018).

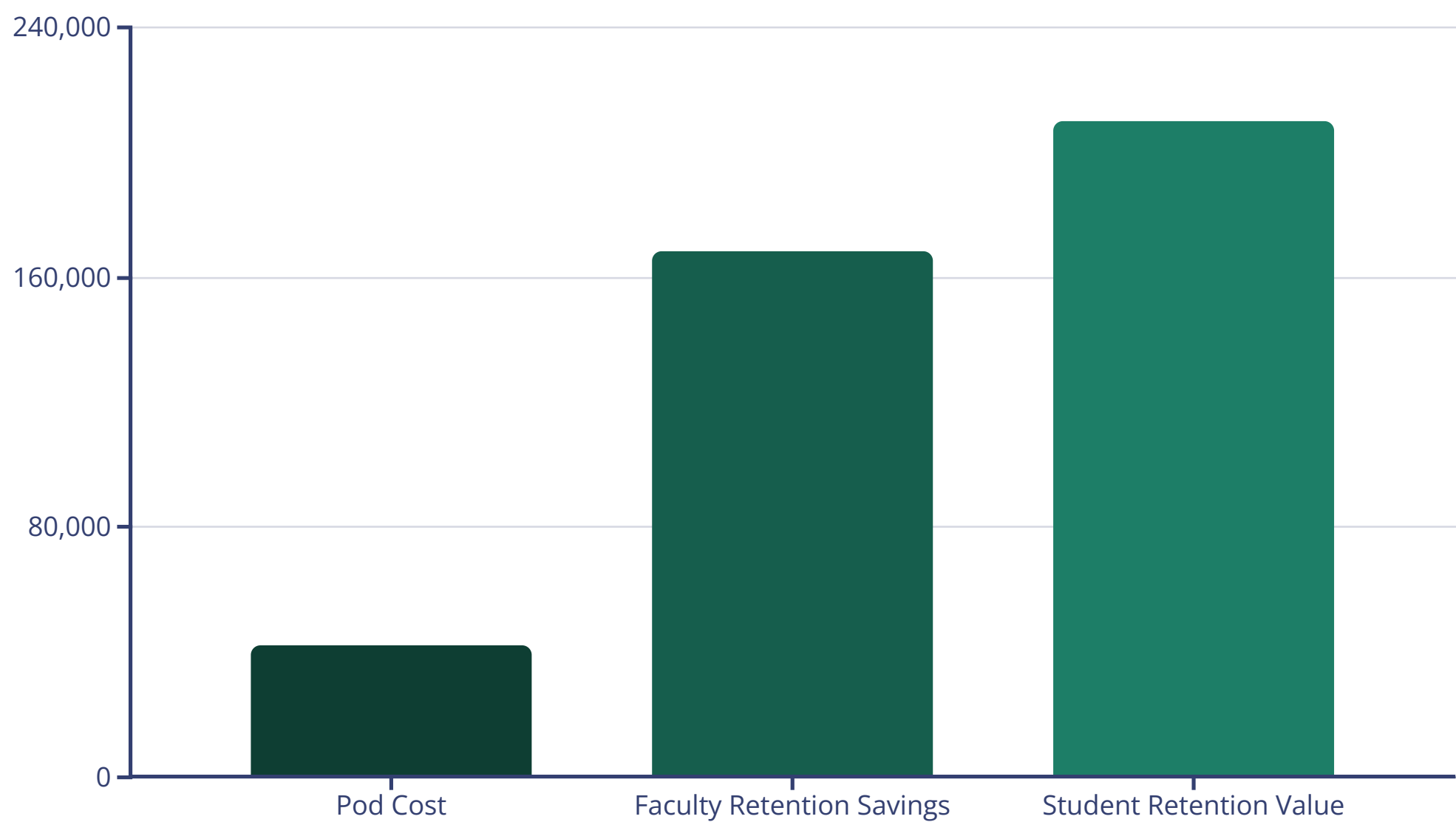
The Business Case for Universities

Financial Impact

- Retention Savings: Retaining one faculty or staff member offsets the \$42,000 pod cost, with a projected 4-5X ROI in two years through reduced staff retention/absentee costs.
- Student Retention: Reduced stress correlates with lower dropout rates, preserving millions in tuition revenue (National Student Clearinghouse, 2022).
- Cost Efficiency: Potential wellness dollars from your health plan or sponsorship minimizes budget strain, as demonstrated in prior pilots.

Strategic Benefits

- Enhanced Campus Culture: A visible wellness investment reduces mental health stigma and fosters a supportive environment.
- Program Integration: Bridges digital and on-site wellness gaps, increasing engagement over standalone tools.
- Brand Appeal: Customizable pod branding strengthens university identity or attracts sponsor support.



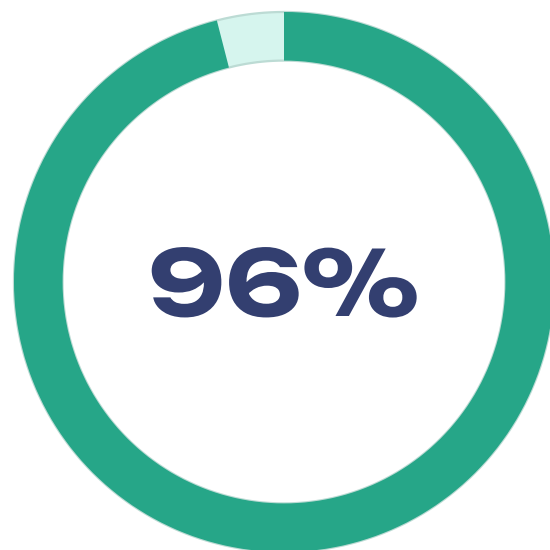
Implementation and Support

- Seamless Integration: Pre-installation assessments ensure optimal placement, with full setup and testing for immediate use.
- User Training: Interactive materials empower faculty, staff, and students to maximize benefits.
- Ongoing Support: Regular updates, maintenance, and analytics ensure sustained impact.

Conclusion and Next Steps

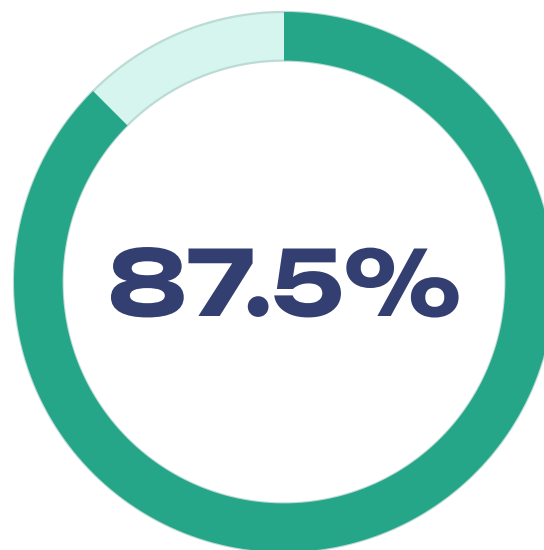
The Bree Health Relaxation Pod offers universities a strategic solution to the wellness crisis, delivering stress relief, engagement and retention for faculty, staff, and students. Backed by research and proven in workplace settings, it's an affordable investment that drives long-term campus success.

Contact hello@breehealth.com or visit www.breehealth.com to schedule a demo or explore a 60-day pilot to transform your campus wellness program.



Stress Relief

Users reporting effective stress reduction in pilot program



Reuse Rate

Users likely to return for additional sessions



ROI

Projected return on investment within two years

References

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